

Tuscan Smoked Turkey and Bean Soup

Meal Components: Vegetable - Red / Orange, Vegetable - Other, Meat / Meat Alternate

Soups & Stews, H-12r

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh onions, diced 1/2"	8 oz	1 1/2 cups 1 Tbsp	1 lb	3 cups 2 Tbsp	1. Place onions, celery, carrots, kale, tomato paste, and garlic in a large stockpot. Sweat vegetable mixture over medium-high heat. Stir frequently. Cook until vegetables are softened and onions are translucent.
*Fresh celery, diced	6 oz	1 1/4 cups	12 oz	2 1/2 cups	
*Fresh carrots, diced	6 oz	1 1/4 cups	12 oz	2 1/2 cup	
*Fresh kale, no stems, coarsley chopped	8 oz	1 qt 2 1/4 cups	1 lb	3 qt 1/2 cup	
Canned low-sodium tomato paste	4 1/2 oz	1/2 cup (1/4 No. 2 1/2 can)	9 oz	1 cup (1/3 No. 2 1/2 can)	
Fresh garlic, minced		1/4 cup		1/2 cup	2. Add stock, beans, salt, and pepper. 3. Reduce temperature to low heat. Cover and
Low-sodium chicken stock		1 gal		2 gal	

Canned low-sodium Navy beans, drained, rinsed	2 lb 14 oz	1 qt 3 2/3 cups (3/4 No. 10 can)	5 lb 12 oz	3 qt 3 1/3 cups (1 1/2 No. 10 cans)	
OR	OR	OR	OR	OR	
*Dry Navy beans, cooked (See Notes Section)	2 lb 14oz	1 qt 3 2/3 cups	5 lb 12 oz	3 qt 3 1/3 cups	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black pepper		1/2 tsp		1 tsp	
Smoked turkey breast, 1/4" pieces	1 lb 6 oz	1 qt	2 lb 12 oz	2 qt	
*Fresh parsley, chopped		2 Tbsp		1/4 cup	
Fresh thyme, finely chopped		2 Tbsp		1/4 cup	
Fresh basil, finely chopped		2 Tbsp		1/4 cup	

4. Add turkey, parsley, thyme, and basil. Stir well. Simmer a minimum of 10 minutes.

5. Critical Control Point: Hold for hot service at 135 °F or higher.

6. Portion with 8 fl oz ladle (1 cup).

Notes

Our Story

Asheville, North Carolina is known for its heritage, arts, and fine dining. Ira B. Jones Elementary School in Asheville shares a taste of

another well-known region of fine dining—Tuscany—as its recipe team prepared Tuscan Smoked Turkey and Bean Soup. The team worked together to develop the recipe, and a number of students tasted and evaluated the recipe before it was submitted. The team's hard work paid off! The recipe features Navy beans, which are actually white in color, but got their popular name because they were a staple food of the U.S. Navy in the early 20th century. Tuscan Smoked Turkey and Bean Soup is sure to tease and please the senses and warm the toes! Delizioso!!

Ira B. Jones Elementary School

Asheville, NC

School Team Members

School Nutrition Professional: Susan Bowers

Chef: Denny Trantham (Executive Chef, The Grove Park Inn, Resort and Spa)

Community Members: Tara Jardine (Volunteer Coordinator and Representative, AmeriCorps) and Sarah Cain (Principal)

Student: Nichelle B.

1 cup provides:

Legume as Meat Alternate: 1 ½ oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, and 1/8 cup other vegetable.

OR

Legume as Vegetable: ½ oz equivalent meat, ¼ cup legume vegetable, 1/8 cup red/orange vegetable, and 1/8 cup other vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with cooking beans.

QUICK-SOAK METHOD: Boil 1¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with cooking beans.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry Navy beans = about 2 ¼ cups dry or 5 7/8 cups cooked beans.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Mature onions	10 oz	1 lb 4 oz
Celery	7 1/4 oz	14 1/2 oz
Carrots	7 1/4 oz	14 1/2 oz
Kale	12 oz	1 lb 8 oz
Dry Navy beans	1 lb 5 oz	2 lb 10 oz
Parsley	1/2 oz	1 oz

Serving	Yield	Volume
1 cup (8 fl oz ladle) provides: Legume as Meat Alternate: 1 1/2 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, and 1/8 cup other vegetable.	25 Servings: about 12 lb 12 oz 50 Servings: about 25 lb 8 oz	25 Servings: about 1 gallon 2 quarts 50 Servings: about 3 gallons

Nutrients Per Serving					
Calories	134.55	Saturated Fat	0.67 g	Iron	2.28 mg
Protein	14.51 g	Cholesterol	20.68 mg	Calcium	61.62 mg
Carbohydrate	13.62 g	Vitamin A	3058.35 IU	Sodium	524.69 mg
Total Fat	2.83 g	Vitamin C	7 mg	Dietary Fiber	3.66 g